



The Food and Nutrition Summer Institute Newsletter

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Calendar & Events

Food & Nutrition Summer Institute

July 26-31, 2002

Alabama A&M University
Normal, Alabama

Fourth Summer Institute to be held in Huntsville, Alabama

It's that time of year again. We are in the throws of planning for the next Food and Nutrition Summer Institute and very excited because for the first time will be held the Summer Institute at a HBCU. Alabama A&M University has agreed to host the fourth Summer Institute on their campus.

Our theme for this year will be **"Food, Fitness and Fun for a Healthy Community."** We selected this theme based on the work completed by the community mini-project group during the Summer Institute 2001. If you recall, this group's project focused on outlining a social marketing campaign and they laid out a very interesting plan. The

ideas we've taken from their outline for the Summer Institute 2002 include a bus excursion to Alabama A&M and a community event highlighting nutrition and physical activity. If anyone is interested in helping to plan an activity or exhibit for the community event, please contact **Dr. Donnie Cook** at [<dcook@acesag.auburn.edu>](mailto:dcook@acesag.auburn.edu).

On page three, you'll find the Summer Institute preliminary agenda, Call for Abstracts, and information on the bus excursion. As our plans proceed more information will be forthcoming. In the meantime, let us hear from you.

Surgeon General's Obesity Report Released

In December 2001 Surgeon General David Satcher released his report, **The Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity 2001**. The Call to Action focuses on the nationwide epidemic of obesity and overweight among the US population and is chock-full of ideas, strategies, and examples. Five overarching principles are identified:

- C promote the recognition of overweight and obesity as major public health problems.
- C assist Americans in balancing healthful eating with regular physical activity to achieve and maintain a healthy or healthier body weight.
- C identify effective and culturally appropriate interventions to prevent and treat overweight and obesity.



Shoot for the moon.

Even if you miss it, you will land among the stars.

— Les Brown



Obesity Report Released (cont'd from page 1...)

- C encourage environmental changes that help prevent overweight and obesity.
- C develop and enhance public-private partnerships to help implement this vision.

Section One addresses obesity and overweight as public health problems. The body mass index, BMI, is presented as a practical measure for defining the condition. Healthy weight, overweight, and obese parameters for adults are shown on the latest BMI chart. Since there are no child- or adolescent-based definitions for obesity and overweight, the revised Centers for Disease Control and Prevention (CDC) growth charts are included to illustrate the sex- and age-specific BMI for boys and girls aged 2 to 20 years. Section One also covers the economic consequences of overweight and obesity, epidemiology, disparities in prevalence, and health benefits of weight loss.

Section Two examines questions and strategies around developing a public health response. A conceptual framework, CARE, is delineated as **Communication, Action, and Research and Evaluation**. Various settings where action might take place are also presented. According to the Surgeon General's Call to Action, public health efforts are carried by the force of ideas and by the power of commitment. Section Three outlines what could be done at the individual, organization, industry, community, and government level to create national action, sustain that action, and move towards the Call to Action's vision. Section Four sets three priorities for action. A full copy of **The Surgeon General's Call to Action and Decrease Overweight and Obesity 2001** and six fact sheets may be obtained through www.Surgeongeneral.gov.

Healthy Eating Recipes

NEW ORLEANS RED BEANS

- 1 lb dry red beans
- 2 quarts water
- 1 1/2 cups chopped onion
- 4 bay leaves
- 1 cup chopped sweet green pepper
- 3 tbsp chopped garlic
- 3 tbsp chopped parsley
- 2 tsp dried thyme, crushed
- 1 tsp salt
- 1 tsp black pepper

1. Pick through beans to remove bad beans; rinse thoroughly. In a 5-quart pot, combine beans, water, onion, celery, and bay leaves. Bring to boiling; reduce heat. Cover and cook over low heat for about 1 1/2 hours or until beans are tender. Stir and mash beans against side of pan.
2. Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook, uncovered, over low heat until creamy, about 30 minutes. Remove bay leaves.
3. Serve over hot, cooked brown rice, if desired.



Makes 8 servings

• Healthy Cooking Tip

Substitute high-fat meats for bean and grain dishes.

SOURCE:
DOWN HOME HEALTHY COOKIN'
Recipes and Healthy Cooking Tips
National Institute of Health
National Cancer Institute

Food and Nutrition Summer Institute Preliminary Agenda (July 26-31, 2002)

	Morning	Afternoon	Evening
Friday, July 26	Depart MD/DC; Travel to VA, NC, SC, GA		
Saturday, July 27		Arrive in Alabama	6:30 p.m. - 8:30 p.m. Reception & Dinner
Sunday, July 28		2:30 p.m. - 6:00 p.m. Community Event: "Food, Fitness & Fun.....Linking Communities to Nutrition Physical Activity" Welcome Elements of a Healthy Community A Snapshot View of the State of Community Health Urban Community Gardening, a Community Resource Organic Gardening and What It Means to Good Health & Nutrition Introduction to Food, Fitness & Fun Activities Food Station (A Taste of Alabama and Beyond, food safety demo & info) Fitness Station (Cardio Fitness Test, dance & movement for all ages) Fun Station (It's a Small World-diversity, food, culture & entertainment)	**** Dinner on your own ****
Monday, July 29	8:00 a.m.- 12:00 noon Opening Session <i>TBA</i>	12:00 p.m. - 1:00 p.m. Lunch 1:00 p.m. - 2:15 p.m. Legislation & Policy Panel 2:15 p.m.- 2:45 p.m. Break 2:45 p.m. - 4:00 pm. Community Programs Panel	**** Dinner on your own ****
Tuesday, July 30	9:00 a.m.-12:00 noon Strategic Planning	12:00 p.m. - 1:30 p.m. Lunch 1:30 p.m.- 4:00 p.m. Strategic Planning (cont.)	**** Dinner on your own ****
Wednesday, July 31	9:00 a.m. - 12:00 p.m. HBCU Presentations	12:00 p.m. - 2:00 p.m. Closing Lunch 3:00 p.m. Depart for DC & points between	

Call For Abstracts

DUE BY APRIL 10, 2002

Food & Nutrition Summer Institute
Alabama A&M University
July 26-31, 2002

Seeking abstracts, 250 word limit, for presentations describing research and/or education outreach involving creative approaches to community-based nutrition and physical activity. Presentations will be scheduled on Wednesday, July 31, 9:00 a.m.-12:00 noon. Submit abstract to
Dr. Paul Cotton at <pcotton@rbhnrc.usda.gov>.

Bus Excursion

RESPOND BY FEBRUARY 22, 2002

Drive through the heart of the South. See the communities affected by your research and nutrition education outreach.

Bus will depart MD/DC July 26, stopping in VA, NC, SC, and GA. Travel route will be designed to accommodate participants who sign up early. Summer Institute participation will not be limited to bus excursion participants, however, other limited travel assistance may not be available.

If you are interested in the bus excursion, sign up by February 22, 2002 by contacting **Linda Nix** at <NixL@ba.ars.usda.gov> or (301) 504-0610.

Food & Nutrition Summer Institute Unsung Hero

Our Unsung Hero is Solona Victoria Cummings McDonald, who's name was submitted by Joyce McCray, a former student. Mrs. McDonald was born in Decatur, Illinois in 1916, and graduated from Tuskegee University in 1940 with a Bachelor's Degree in Commercial Dietetics. She passed away on January 21, 1995. Early in her career she worked as a civilian dietitian at Good Samaritan-Waverly Hospital in Columbia, South Carolina and Camp Livingston, Louisiana. In 1942 she was commissioned as a 2nd lieutenant in the US Army. From 1945-1954 she served as a dietitian for the Veterans Administration in Oteen, North Carolina. It was during this time that she completed her Master's Degree in Institutional Management at Columbia. Mrs. McDonald's tenure at Tuskegee moved her towards public health and its importance to dietetics and the pressing needs of the Maternal and Child Health community in Macon County where Tuskegee is located. She completed a Diploma in Public Health Nutrition from Columbia University in 1964.

Solona McDonald's contributions and service to the dietetics profession are best demonstrated by projects such as the "Dietary Responsibilities Program" convened from 1954 through 1982. This program began as a 2-day workshop for food service workers and food service directors in nursing homes in Alabama and Georgia. In later years, it was expanded under a federal grant to a 5-day workshop. The implementation and evaluation of the workshop involved the dietetic interns; therefore, it became a major part of the internship curriculum. Under her leadership, the Tuskegee Dietetic Internship excelled. During her tenure at Tuskegee, Mrs. McDonald taught therapeutic nutrition courses to students in Home Economics, Dietetics and Nursing. She also held the rank of Associate Professor and served on a variety of committees at the University and in the community. Upon her retirement in 1982, she remained active with the University, her community, and church.



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